

# Dietary Guidelines for Americans



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## AIM FOR FITNESS . . .

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

## BUILD A HEALTHY BASE . . .

- Let the Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

## CHOOSE SENSIBLY . . .

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

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*...for good health*